

**WSTR-HD2
Smyrna, GA**

**LIST OF SIGNIFICANT
ISSUES AND
RESPONSIVE
PROGRAMMING**

**Fourth Quarter
10/1/14 – 12/31/14**

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WSTR-HD2, Smyrna, GA

LIST OF SIGNIFICANT ISSUES AND RESPONSIVE PROGRAMMING

OCTOBER 1, 2014 TO DECEMBER 31, 2014

The following are community issues of concern in the service area of WQXI which is simulcast on HD Radio multicast channel WSTR-HD2. The service area of WQXI is encompassed by the coverage area of WSTR.

Under each heading are descriptions of programs addressing the needs of our listening audience. These issues were obtained through examination of our news reports and an informal survey of community leaders interviewed when they were guests on various programs.

There are two primary ways that WSTR-HD2 addresses these issues: *InfoStar* (half-hour long Sunday morning interview program) and *InfoTrak* (half-hour syndicated program).

BREAST CANCER AWARENESS

SEGMENT: "The Growing Need for Breast Cancer Rehabilitation"

DATE: 10/5/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 18 Minutes

SOURCE: Jill Binkley, Founder, Turning Point Women's Healthcare Clinic, Alpharetta, GA

CONTENT: As a two-time breast cancer survivor herself, Binkley was unprepared for the emotional and physical side effects that accompanied her breast cancer treatment and was surprised that doctors didn't address it. The side effects include fear of dying and prolonged illness, difficulty with shoulder and arm function, routine pain, swelling of the arms and general weakness. Binkley said survivors don't talk to their physicians about it because they feel it's something that goes with the territory and they shouldn't complain about. Binkley's clinic is working with the American Cancer Society to bring about new guidelines that will incorporate treatment of these side effects into regular oncology programs. Treatment includes physical therapy, nutrition, massage therapy, exercise and psychological counseling. It can last from three to four weeks to months and even years for women undergoing extensive chemotherapy.

SEGMENT: "Young Women with Breast Cancer"

DATE: 10/12/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 13 Minutes

SOURCE: Courtney Bugler, Former Executive Director, Young Survival Coalition

CONTENT: Bugler was diagnosed with breast cancer at age 29 and underwent a lumpectomy versus mastectomy. She preached the importance of breast self-exams and urged doctors to take cases of breast cancer in young women seriously. She traced the process from biopsy to treatment and underscored that most cases don't result in mastectomies. Bugler offered advice to men who often feel helpless when their loved ones have breast cancer, especially when it comes to helping with insurance matters and basic day-to-day activities.

SEGMENT: "Battling Metastatic Breast Cancer"

DATE: 10/12/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 8 Minutes

SOURCE: Casie Payne of Rome, GA

CONTENT: At only 26-years-old, Casie Payne was diagnosed with Stage IV HER2-positive breast cancer after she discovered a baseball-sized lump in her breast. Although initially her doctor did not believe the lump to be serious, it soon became painful, and Payne received the devastating news that the cancer had spread to her liver, back, pelvis and lymph nodes. To cope with this life-changing news before she even reached 30, Payne became very active in an organization called Cancer Navigators, helping to raise awareness and money. She explained what it's like to be diagnosed with Stage IV metastatic breast cancer at an extremely young age, offered coping tips for other women going through a similar experience and shared how helping other cancer patients has made an impact on her MBC journey.

SEGMENT: "Breast Cancer and Sleep"

DATE: 10/12/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Cheryl Thompson, University Hospitals Case Medical Center in Cleveland

CONTENT: A study links a lack of sleep with more aggressive breast cancer. Thompson saw that in data on 101 women with breast cancer, who were asked about their average sleep hours. Women who reported on average before diagnosis fewer hours of sleep per night had a higher likelihood of recurrence, so therefore a more aggressive breast tumor. These more dangerous tumors were more common among women who reported 6 hours or less of sleep per night. Thompson says more data are needed to discover what accounts for the association, but she says 7 to 8 hours of sleep should still be a good thing.

SEGMENT: "A Man's Role When Their Loved Ones Have Breast Cancer"

DATE: 10/19/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 10 Minutes

SOURCE: John Anderson, Author, *Stand By Her: A Breast Cancer Guide for Men*

CONTENT: Anderson – who has known four women with breast cancer (including his wife and mother) – talked about how men typically react when a woman in their life is diagnosed with the disease. He offered solid advice for men – especially husbands – on how they can be a pillar of support emotionally and physically, from her early treatment to hopeful remission and afterwards.

GOVERNMENT POLICIES

SEGMENT: "Ways to Eliminate the Shortage of Organ Donations"

DATE: 10/12/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. Sally Satel, editor of *When Altruism Isn't Enough: The Case for Compensating Kidney Donors*

CONTENT: Twelve people die each day while waiting for a life-saving kidney transplant. Dr. Satel discussed the shortage of organ donations and shared her story of receiving a kidney donation in 2006. She believes that a program to compensate organ donors, through in-kind rewards, such as a contribution to a retirement fund, an income tax credit, or tuition vouchers for their children—rather than lump-sum cash payments—would eliminate the shortage of available organs.

SEGMENT: "Are Georgia Schools Doing Enough Emergency Preparation?"

DATE: 12/21/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 24 Minutes

SOURCE: Rich Bland, National Policy Director, non-profit "Save the Children"
Reg Griffin, spokesman, Georgia Department of Early Care and Learning

CONTENT: Bland said Save the Children's report card passed Georgia public schools on one minimum standard but failed the state's daycares and child centers on three others. It found that schools have emergency plans and practice drills. But it found that daycares lacked a relocation site, unification plan and provisions for special need children in its emergency preparations. Bland brought up Georgia's ice storms as an example of poor planning by schools that found themselves housing stranded students overnight. His advice for parents of daycare kids: ask about the facility's emergency plan and make sure the operator has your contact information.

Griffin, whose agency regulates daycares and child care facilities, responded to the report by questioning how the report was gathered, what the criteria was and how the information was crunched down. He insists the Georgia's daycares and child care centers are prepared for emergencies. Griffin maintained that the state mandates the facilities file an emergency plan that requires all parent information to be on file. He explained that because of the smaller number of children in daycares, a relocation site is often not necessary and reunification is often done personally by operators. Griffin says the state prides itself on its provisions for special needs. His advice for parents: use DECAL's website to make sure the facility is licensed by the state.

SAFETY

SEGMENT: "Keeping Your Daughters Safe"

DATE: 10/5/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Pat Brown, author of *How to Save Your Daughter's Life: Straight Talk for Parents from America's Top Criminal Profiler*

CONTENT: Brown said no daughter is safe from harm in today's world, especially now that social media makes it so easy to connect with people we barely know. She discussed risky choices that teens make that can put them in harm's way, and how predators use that behavior to choose their victims. She said parents of teen girls need to be more proactive than ever about keeping their daughters safe.

SEGMENT: "Georgia's New 'Slow Poke' Law"

DATE: 10/26/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 11 Minutes

SOURCE: State Representative Bill Hitchens, sponsor of the law

CONTENT: As a former state trooper as well as an everyday driver, Hitchens has witnessed traffic backups created by slow drivers in the left lanes of interstates and major highways. They refuse to move to the right, resulting in a trail of often impatient drivers behind them. Hitchens said the problem has been made worse with people who are on their phones and are unaware of what's behind them. And it often leads to road rage. The bill that Hitchens sponsored and became law, stipulates that slower drivers in the left lane must move over to the right lane safely on multi-lane highways when approached from behind by another driver. If a trooper or police officer witnesses the slow poke, that driver can be ticketed with a moving violation.

SEGMENT: "The Importance of Calling Before You Dig"

DATE: 10/26/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 9 Minutes

SOURCE: Cliff Meidel, former Olympic athlete, spokesperson for Georgia 811

CONTENT: Meidel knows first-hand the importance of knowing what's underground before you dig. Before his Olympic career, Meidel was involved in an accident using a jackhammer. He hit an electrical line and nearly lost his life. He urged homeowners that before they begin any project in the front yard to call 811. It's the one call that will dispatch utilities to come to the place where you plan to dig and mark utilities.

SEGMENT: "Dangerous and Defective Guardrails in Georgia"

DATE: 11/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 13 Minutes

SOURCE: Jodie Fleischer, investigative reporter, WSB-TV, Atlanta

CONTENT: Fleischer's investigation found at least 300 deadly and outdated guardrail ends on Georgia's roads and highways that were supposed to be replaced in the 1990s. The BCT (breakaway cover terminal) covers the sharp end of the guardrail and is supposed to steer the car away, not spear right through it. But Georgia families say it's instead slicing through cars and killing drivers. The Georgia Department of Transportation pledged to inventory the problem and begin replacing them, but said it would be a lengthy process. Many of the bad guardrails can be found on major interstates in the Metro Atlanta area.

SEGMENT: "Why Aren't There Seat Belts on School Buses?"

DATE: 11/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Alan L. Ross, President of the National Coalition for School Bus Safety

CONTENT: Although automobile safety technology has improved dramatically in the past two decades, school bus designs have changed very little. Dr. Ross explained the reasons behind this lack of progress. He believes seat belts should be mandated in all school buses. He talked about the expenses involved to retrofit the nation's school bus fleet.

SEGMENT: "Cooking a Disease Free Turkey"

DATES: 11/23/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 11 Minutes

SOURCE: Mary Clingman, Butterball Turkey Talkline

CONTENT: Clingman ran down the proper way to thaw, stuff and cook a Thanksgiving turkey so it doesn't become infested with harmful bacteria. She warned against thawing the bird in room temperature and advised to cook the stuffing outside of the bird and then insert it later when the turkey is almost done. Clingman also had safety tips for deep frying the turkey outside (well away from the house).

SEGMENT: "Georgia's New Law That Targets Concussions in Student Athletes"

DATE: 12/14/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 12 Minutes

SOURCE: Dr. David Marshall, Director of Sports Medicine, Children's Healthcare of Atlanta

CONTENT: Georgia was one of only six states without concussion legislation for youth athletes until Gov. Nathan Deal signed "The Return-to-Play Act of 2013" into law. Dr. Marshall explained this bill aims to improve the management of concussions in school and recreational leagues around the state, by not allowing student athletes who have suffered suspected concussions back onto the playing field until they are cleared by a health care professional. As part of its role in preventing, diagnosing and treating concussion patients, Children's Healthcare of Atlanta launched an online portal equipped with extensive videos and resources to provide primary care physicians and first-response caregivers - coaches, athletic trainers, nurses and families - appropriate and effective care to people impacted by concussions. The goal is to prevent serious, long term injuries that could have been avoided through immediate proper care of a concussion.

EMPLOYMENT, WORKPLACE & CAREER MATTERS

SEGMENT: "The Reasons Behind the Parenthood Pay Gap"

DATE: 10/5/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Michelle Budig, sociology professor, University of Massachusetts, Amherst

CONTENT: For 15 years, Dr. Budig has studied the parenthood pay gap. She has found that mothers are less likely to be hired for jobs, to be perceived as competent at work or to be paid as much as male colleagues with the same qualifications. However, having a child is good for a man's career. She discussed the possible reasons behind this problem and potential solutions.

SEGMENT: "Cyberloafing: The Growing Way to Waste Time on the Job"

DATE: 12/7/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Joseph Ugrin, Assistant Professor of Accounting, Kansas State University

CONTENT: Professor Ugrin discussed his study of a trend called "cyberloafing," which is rapidly increasing in workplaces throughout the nation. He found that all employees – old and young alike – are spending large amounts of their workday on non-work-related activities online, such as social networking and managing their finances. He talked about the challenges that employers face in dealing with the problem.

SEGMENT: "The Continuing Discrimination Against Older Workers"

DATE: 12/7/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Michael C. Harper, Professor of Law, Boston University School of Law

CONTENT: Prof. Harper discussed the growing influence of age discrimination in today's job market. He explained the reasons that employers often avoid older job applicants. He said the Age Discrimination in Employment Act, which prohibits employment discrimination against anyone 40 or older, is highly ineffective. Prof. Harper believes the law should be reformed to make it at least as strong a deterrent as laws that prohibit discrimination on race or gender.

WOMEN'S ISSUES

SEGMENT: "How Media Impacts Women and Their Self-Images"

DATE: 11/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Aimée Morrison, Associate Prof. of English Language and Literature, U. of Waterloo

CONTENT: Professor Morrison discussed the synthetic perfection in nearly every image we see today, and how that affects women and their self images. She explained why the Photoshopping of nearly every image we see in the media has caused an increase in body insecurity among women. She believes the trend has actually reached a tipping point, where consumers are starting to be turned off by the unattainable images in advertising messages.

SEGMENT: "Do Calcium Supplements Really Guard Against Osteoporosis?"

DATE: 12/21/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. Felicia Cosman, Senior Clinical Director and Chair of the National Osteoporosis Foundation, author of *What Your Doctor May Not tell you about Osteoporosis*

CONTENT: Recent medical studies about the use of calcium to prevent osteoporosis have had conflicting findings. Dr. Cosman explained that most experts are still unsure about the value of taking calcium supplements. She stressed the importance of getting calcium through the diet, and offered other advice on how to improve bone health and reduce a person's chance of developing osteoporosis.

CHILDREN, YOUTH & PARENTAL ISSUES

SEGMENT: "Beware of a Teenager's First Drink"

DATE: 10/5/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Samuel Kuperman, University of Iowa

CONTENT: A teen's friend may be the biggest risk factor for having that first drink too soon. Researchers funded by the National Institutes of Health point to friends of teens as the most significant risk factor for having that first drink, in front of family history and social behavior. Dr. Kuperman said drinking before the age of 14 is associated with a risk for young adult alcohol dependency problems. He suggests parents talk to kids about drinking and the consequences associated with it.

SEGMENT: "The Importance of Encouraging Kids to Use Their Hands"

DATE: 10/26/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. AnnMarie Thomas, Associate Professor, School of Engineering at the U. of St. Thomas, author of *Making Makers: Kids, Tools, and the Future of Innovation*

CONTENT: Dr. Thomas said many of today's engineering students have few hands-on skills or the ability to actually make or fix something. She explained why it is crucial to encourage today's youth to think creativity and innovatively. She offered suggestions for parents who want to teach their children to be able to use their hands to make things.

SEGMENT: "How Screen Time Impacts a Child's Health"

DATE: 11/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Amanda E. Staiano, Postdoctoral Research Fellow, Pennington Biomedical Research Center in Baton Rouge, LA

CONTENT: Approximately 33% of American children are obese or overweight. Dr. Staiano was the lead author of a study that found that kids who have televisions in their bedrooms are twice as likely to be fat and nearly three times as likely to be at risk for heart disease and diabetes as those who don't. She recommended that parents limit a child's screen time to no more than two hours per day.

SEGMENT: "Rehabilitating the Lives of Georgia Teens Stuck in the Foster System"

DATE: 11/23/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 11 Minutes

SOURCE: Sam Bracken, co-founder of the Orange Duffel Bag Initiative and co-author, *My Orange Duffel Bag: A Journey to Radical Change*

CONTENT: Bracken says up to 17,000 Georgia teenagers are in the state's foster care system, but less than 20% graduate from high school or earn a GED. Many go from foster family to foster family or wind up in group homes and often find themselves forced out of the system by age 18. Drugs and jail incarceration sometimes follows. Bracken, a former homeless teen himself, has started an after-school coaching program that help at-risk foster teens rehabilitate their lives so they earn a high school diploma, advance to college and become self-reliant into adulthood. In the end, they are awarded an orange duffel bag and laptop computer. Bracken advised foster teens to surround themselves with good role models to gain confidence in achieving life goals.

SEGMENT: "Parents: The Online Warning Signs Your Kids Are Doing Drugs"

DATE: 11/30/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Harris Stratynier, Associate Professor and the Director of Addiction Recovery Services for the Department of Psychiatry at Mount Sinai Medical Center

CONTENT: Dr. Stratynier talked about his organization's survey, which found that a growing number of online conversations among teenagers involve the topics of illegal drug use and sex. He shared his concern that many young people are getting dangerous misinformation about drug safety. He talked about the code words that teens often use online, and what parents need to know.

SEGMENT: "Youth Violence is the New Public Health Issue"

DATE: 12/21/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Deborah Prothrow-Stith, MD, expert in public health and youth/urban violence, Adjunct Professor at Harvard University

CONTENT: Dr. Prothrow-Stith discussed the growing trend of youth violence and gang activity in America. She believes that youth violence should be approached as a public health issue, similar to the way that smoking and lung cancer were dealt with through public education. She talked about the value of school-based programs, which have resulted in decreases in aggressive behavior. She also outlined the common characteristics that link most young violent offenders.

CONSUMER ISSUES

SEGMENT: "Foraging for Free Fruit on Public Lands"

DATES: 10/19/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 13 Minutes

SOURCE: Craig Durkin, Aubrey Daniels, co-founders, Concrete Jungle

CONTENT: Durkin and Daniels' volunteer organization picks fruits from trees growing on public lands and private property with owners' permission and then donate the produce to local homeless shelters. They ran down the surprising variety of fruit and nut trees that are free for the picking. Concrete Jungle's website catalogs all the trees in a Google map. They asked the public for help in expanding the database by spotting trees that they are familiar with.

SEGMENT: "Better Ways to Communicate Nutritional Information"

DATE: 10/26/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Sara Bleich, Associate Prof. at Johns Hopkins Bloomberg School of Public Health

CONTENT: Dr. Bleich believes consumers make poor nutritional choices because the concept of calories means very little to them. She conducted a study of urban teenagers in which signs were placed in convenience stores, informing patrons that it would take five miles of walking to burn up the calories from a soft drink. Soda sales declined, not only while the signs were posted, but even weeks after they were removed. She explained the importance of finding ways to communicate nutritional information in more useable formats.

SEGMENT: "The Gender Gap in Mortgage Applications"

DATE: 11/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. Spencer Cowan, Vice President of Research at the Woodstock Institute, Chicago, IL

CONTENT: Dr. Cowan led a study that examined fairness in the process of applying for a mortgage. He found that a home loan application listing a female applicant with a male co-applicant is less likely to be approved than one listing a male applicant with a female co-applicant. He discussed the possible reasons behind this issue and why it matters.

SEGMENT: "Holiday Shopping Trends in Metro Atlanta"

DATES: 11/30/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 9 Minutes

SOURCE: Tracy Kambies, Deloitte Consulting, Atlanta

CONTENT: Kambies discussed results of a new Deloitte survey that showed Atlanta shoppers will spend more money overall than shoppers nationally this year during the holiday season, but less money on gifts. Atlanta shoppers will spend \$386 on gifts. That's a 5% drop from 2013 and bucks the national trend. While Atlanta shoppers will spend less on gifts, they will spend more on other things this holiday season. Atlanta shoppers will spend \$1,365 total per household on clothes/decorations/celebrations/travel/etc. That's a 20.7% increase from 2013. About 77% of Atlanta shoppers plan to use their smartphones to do their holiday shopping. Atlanta shoppers also plan to purchase 13.4 gifts on average this year, which is in line with the US average and an increase from 13 gifts in 2013. The top five gifts Metro Atlanta shoppers will buy are clothes, gift cards, electronics, toys/games and books.

SEGMENT: "Guard Your Money Against Unnecessary Financial Advice and Products"

DATE: 12/7/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Helaine Olen, author, *Pound Foolish: Exposing the Dark Side of the Personal Finance Industry*

CONTENT: Americans spend billions of dollars on personal finance products and advice. Olen discussed common myths purveyed by many of the nation's most respected financial gurus. She said the financial industry frequently sells products and services to consumers that offer little, if any, help in achieving financial security. She talked about the corrosive role that commissions and fees too often play in advice offered by money advisors.

SEGMENT: "You Are Being Spied On While You Shop"

DATE: 12/14/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Jeff Blyskal, Senior Editor at *Consumer Reports*

CONTENT: Americans are used to being monitored for security reasons as they shop, but Blyskal said an increasing number of walk-in retailers are taking spying to a whole new level. He said stores are installing hidden video cameras, video analytics software, smartphone tracking and Wi-Fi hotspots to gather a surprising amount of data about their individual customers. The goal of this intense surveillance is to target shoppers with customized marketing, to convince them to shop more and spend more.

SEGMENT: "Get Your Finances in Order"

DATE: 12/14/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Frances Newton, financial advisor, founder of Frances Insights

CONTENT: Newton said this is an excellent time of year for consumers to dig through credit card statements and bank receipts, and get their finances in order. She said getting organized will not only help a consumer to save money during the year, but it will also boost financial confidence.

SEGMENT: "The Four Biggest Mortgage Mistakes"

DATE: 12/21/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Karen Simpson-Hankins, mortgage and real estate expert, author of *Conquer Your Closing: Insider Secrets for Today's Savvy Home Buyer*

CONTENT: Simpson-Hankins discussed the four biggest mortgage mistakes most consumers will make and the questions that consumers should ask lenders. She also explained why home inspections are crucial in the home-buying process, and how consumers can wisely shop for the best interest rate.

COMMUNITY IMPROVEMENT AND SERVICES

SEGMENT: "Volunteering is the New Philanthropy"

DATE: 11/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Karen Jones, author of *The Difference A Day Makes*

CONTENT: Jones suggested quick and simple actions anyone can take to make a positive difference in the world around them, to fight scourges like homelessness, racism and poverty. She explained what she calls philanthropy, actions such as volunteering or donating that emotionally benefit the donor.

SEGMENT: "Offering Affordable Children's Hospitalization in a Recovering Economy"

DATES: 12/7/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 2 Minutes

SOURCE: Marisa Frost, Manager of Community Wellness Affairs, Children's Healthcare of Atlanta

CONTENT: Frost addressed the state of pediatric healthcare in Metro Atlanta and what's still needed to adequately serve one of the nation's fastest growing child populations (with 100,000 additional kids expected in the next 5 years). She discussed how CHOA's fundraising efforts – including Star 94's annual "12 Hours of Hope" Radiothon – raises money to meet the needs.

EDUCATION

SEGMENT: "Why College Prep Should Come at an Earlier Age"

DATE: 10/12/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Monica Betson Montgomery, author of *The Keys to College: A Roadmap for Parents to Guide Their Children*

CONTENT: Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

SEGMENT: "Why Many High School Students Aren't Ready for College"

DATE: 10/19/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. Robert Neuman, author of *Are You Really Ready for College?: A College Dean's 12 Secrets for Success - What High School Students Don't Know*

CONTENT: Roughly two-thirds of college students fail to earn a degree in four years, and Dr. Neuman believes the reason is that they are ill-prepared. He outlined several strategies that high school students can use to enter college with the knowledge, learning skills and work ethic required to succeed. He explained why extra-curricular activities are also quite important when submitting a college application.

SEGMENT: "How New Technology is Encouraging Cheating in Schools"

DATE: 11/30/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 10 Minutes

SOURCE: Dr. Donald McCabe, Professor, Department of Management and Global Business at the Business School at Rutgers University

CONTENT: Dr. McCabe is a researcher who studies cheating in school. He has found that levels of cheating are on the rise in every level of education. He discussed some of the latest and most inventive methods of cheating fostered by newer technologies. He also offered suggestions to parents on how they can encourage their children to be honest.

SEGMENT: "Reforming America's Educational System"

DATE: 12/28/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Frederick M. Hess, author of *The Same Thing Over and Over: How School Reformers Get Stuck in Yesterday's Ideas*

CONTENT: Hess believes that even bitter opponents who argue about how to improve schools agree on more than they realize. He suggested that uniformity frequently gets in the way of quality education and that the American education system must change radically. He also said that schools need to implement a much wider variety of schooling options that would better meet student needs.

DISABILITIES

SEGMENT: "The Need for Assistance Dogs"

DATE: 11/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 9 Minutes

SOURCE: Heidi Van Antwerp, Canines Companions for Independence, Atlanta Chapter

CONTENT: Founded in 1975, Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. The result is a life full of increased independence and loving companionship. Antwerp said that trained puppies are placed with volunteer puppy raisers in Metro Atlanta for socialization and obedience training. Between the ages of fifteen and eighteen months, the puppies return to one of five Canine Companions Regional Training for six months of training. The organization trains four types of assistance dogs to master over 40 specialized commands: Service Dogs, Skilled Companions, Hearing Dogs and Facility Dogs. After completing training, the dogs are teamed with a graduate during an intensive two week training period.

SEGMENT: "Helping Mothers of Children with Developmental Disabilities"

DATE: 12/14/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 10 Minutes

SOURCE: Kathy Keeley, Executive Director, All About Developmental Disabilities

CONTENT: Developmental disabilities are defined as severe chronic disabilities that limit three or more critical functional abilities like Down syndrome, cerebral palsy, spinal bifida, autism disorders, fetal alcohol disorders and intellectual disabilities. Keeley said these disabilities often manifest early in life (before age 22) and last a lifetime. In many cases, mothers are the primary caregivers for their children with developmental disabilities. She said they make many personal sacrifices to provide for their sons and daughters. These moms are often isolated, extremely busy with jobs and care giving, leaving little time for themselves or participation in the community. Mothers of children with developmental disabilities are often single and dedicate their lives to raising and caring for their children through childhood and adulthood. Keeley said the "All About Moms" campaign will educate people and communities on ways they can support moms raising children with physical or intellectual disabilities who may really need a hand, but do not have the time, resources or energy to reach out on their own.

MENTAL HEALTH & SUBSTANCE ABUSE

SEGMENT: "How Depression Impacts the Workplace"

DATE: 10/19/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Graeme Cowan, corporate mental health consultant, author of *Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder*

CONTENT: One in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug. Cowan shared his own story of battling depression. He explained how depression can affect a company's workforce, and how managers and co-workers can help someone who is suffering for depression, stress or other mental health issues.

SEGMENT: "Managing Anger in Today's Society"

DATE: 11/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Nathaniel D. Smith, Licensed Professional Counselor, author of *Taming Your Temper: A Workbook for Individuals, Couples, and Groups*

CONTENT: Smith said that anger is a growing problem in our society, caused in part by our nation's economic struggles in recent years. He discussed the typical causes of anger, and how out-of-control anger can harm a person's health, destroy relationships, and derail a career. He outlined several anger management strategies that he uses with patients in his practice.

SEGMENT: "Rehab Treatments That Are Most Effective"

DATE: 11/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Anne Fletcher, author of *Inside Rehab: The Surprising Truth About Addiction Treatment-and How to Get Help That Works*

CONTENT: Fletcher discussed treatment options for people with substance abuse issues. She visited 15 addiction treatment centers—from outpatient programs for the indigent to Alcoholics Anonymous to famous celebrity rehabs—to determine what forms of rehab are effective. She said it's common for people who struggle with addiction to require treatment multiple times, but she found that rehab centers often provide the same treatment over and over, rather than trying different approaches for repeat patients.

SEGMENT: "Georgia's Escalating Heroin Epidemic"

DATE: 11/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 21 Minutes

SOURCE: Heather Hayes, licensed addiction counselor and interventionist in Atlanta

CONTENT: Hayes said there's been an alarming rise in the heroin deaths in Metro Atlanta. She cited a 300% increase in the use of heroin in the state of Georgia over the past two years. Hayes explained that heroin never went away from the 1960s and made a resurgence when the government began to crackdown on the availability of prescription pills. So abusers turned to heroin that's cheaper and more readily available in suburbs thanks to Mexican cartels. Hayes said the typical demographic of today's heroin user is a young adult, ages 17-26. They can be good students and leaders in their community. The key to addiction is having that trait in your family tree. She said abusers must undergo a chemical detox and follow it up with counseling or 12-step programs to avoid going into relapse. Monitoring once treatment has begun is key. Hayes also ran down the symptoms of heroin overdose and the warning signs that parents should watch out for.

SEGMENT: "The Ongoing Need to Unplug Once in Awhile"

DATE: 11/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Michael Harris, author of *The End of Absence: Reclaiming What We've Lost in a World of Constant Connection*

CONTENT: Harris believes that we now live in an age that lacks solitude, and the time we once used to be alone with our own thoughts is now filled with social media and technology. He explained his own story of going on a "technology fast," and why those moments of silence are so important.

SEGMENT: "How to Identify Addiction"

DATE: 12/28/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Lance Dodes, Assistant Clinical Professor of Psychiatry at Harvard Medical School, author of *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction*

CONTENT: Dr. Dodes explained how to identify an addiction and recognize key moments in addictive behavior. He said that every addictive act is normally preceded by a feeling of helplessness or powerlessness. He offered both long- and short-term advice for those dealing with an addiction.

RACIAL & MINORITY MATTERS

SEGMENT: "The Factors That Determine Racial Bias"

DATE: 11/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. John Hartigan, Jr., University of Texas at Austin, author of *What Can You Say?: America's National Conversation on Race*

CONTENT: How do Americans know whether a remark or incident is racially biased? Dr. Hartigan discussed the state of race relations in America and the media's role in it. He discussed ways that the first black President has affected attitudes regarding race relations.

SEGMENT: "The Need for Diversity in American Business"

DATE: 12/7/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Anise Wiley-Little, expert in Human Resources, author of *Profitable Diversity: How Economic Inclusion Can Lead to Success*

CONTENT: Wiley-Little said diversity is often ignored, although it can be a tremendous resource for businesses. She outlined the reasons that diversity and inclusion should matter to our nation's corporations and communities. She also said that in most cases, male managers and CEOs are ultimately in control of whether diversity succeeds or fails in a company.

HEALTH ISSUES

SEGMENT: "The Vaccinations That Adults Miss"

DATE: 10/5/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Walter Williams, researcher, CDC's National Center for Immunization and Respiratory Diseases

CONTENT: Vaccines aren't just for kids; adults also need to get immunized. Overall, far too many people 19 years and older aren't getting the vaccines they need and remain unprotected. Dr. Williams discussed the importance of adults being fully vaccinated and gave the 'laundry list' of shots they need, from flu to shingles and tetanus protection.

SEGMENT: "Hidden Alcoholism in Society"

DATE: 10/5/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. Jeff Herten, author of *The Sobering Truth: What You Don't Know Can Kill You*

CONTENT: Dr. Herten was a high-functioning alcoholic for over 30 years. He talked about the widespread nature of hidden alcoholism in our society. He believes that alcohol is more addictive and destructive than drugs like heroin. He said alcohol consumption contributes to a surprising number of cancers and other health problems.

SEGMENT: "Is Breakfast Really the Most Important Meal of the Day?"

DATE: 10/12/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. James Betts, Senior Lecturer in Nutrition, Metabolism & Statistics at the University of Bath, England

CONTENT: Conventional wisdom has always maintained that breakfast is the most important meal of the day. Dr. Betts led a study of whether people who eat breakfast are healthier or lose weight more effectively than those who skip it. His research found that breakfast eaters consumed more calories each day and were more physically active overall, but there was no difference in weight. He said that while breakfast doesn't matter for adults, it is still important for children for nutrition and learning.

SEGMENT: "The New CPR Procedures"

DATE: 10/19/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Dana Peres Edelson, Director of Clinical Research at the Emergency Resuscitation Center at the University of Chicago Medical Center

CONTENT: Dr. Edelson was a co-author of revised guidelines for cardiopulmonary resuscitation for The American Heart Association. She outlined the current recommendations for CPR procedures, and said chest compression should be the top priority in a cardiac emergency.

SEGMENT: "Why You Should Still Get That Flu Shot"

DATE: 10/19/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Tom Frieden, Director, Centers of Disease Control & Prevention

CONTENT: The Centers for Disease Control and Prevention recommends vaccination to reduce flu illnesses, doctors' visits, missed work and school, and flu-related hospitalizations and deaths. People should be vaccinated annually because new vaccine is made every year and protection from vaccination declines after a year. Frieden explained that options include the standard flu shot, a shot in the skin with a much smaller needle, a high-dose vaccine for people 65 and older, and a nasal spray.

SEGMENT: "Inflammatory Bullying"

DATE: 10/26/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: William Copeland, Duke University School of Medicine

CONTENT: A study indicates that being bullied as a kid can raise a potential risk factor for heart disease in grown-ups. Copeland saw signs of this in blood samples from among 1,420 people followed for more than 20 years. He checked for CRP, a blood protein that fights inflammation – but which is associated with risk of heart disease if it stays high for a long time. He found that victims of bullying – particularly people that had been chronically bullied – saw the largest increases in their rates of CRP from childhood into their mid-twenties.

SEGMENT: "Norovirus Prevention"

DATE: 10/26/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 3 Minutes

SOURCE: Dr. Aron Hall, epidemiologist, CDC's National Center for Immunization and Respiratory Diseases

CONTENT: If you're suffering from vomiting and diarrhea, you might be among the millions of Americans who get sick from norovirus each year. Dr. Hall discusses ways to prevent norovirus outbreaks from contaminated food.

SEGMENT: "What to Know Before Considering a Fast"

DATE: 10/26/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Valter Longo, Professor at the University of Southern California-Davis School of Gerontology, Director of the USC Longevity Institute

CONTENT: Dr. Longo has led multiple studies examining the effect of fasting on life extension and cancer therapy. His latest study found that a three-day fast appears to significantly increase the effectiveness of chemotherapy treatments. He talked about the possible reasons behind this finding, and what people need to know before considering a fast.

SEGMENT: "Ebola: Quarantines and What the Flying Public Needs to Know"

DATE: 11/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 11 Minutes

SOURCES: Nathan Deal, Governor of Georgia
Amber Vinson, Dallas, TX nurse who was cured of Ebola at Emory University Hospital
Paul Hudson, President, non-profit group FlyersRights.org

CONTENT: Gov. Deal laid out the three options for those who arrive at Hartsfield-Jackson Airport from areas of West Africa afflicted with Ebola, but are showing no symptoms. Medical workers who had treated patients will be asked to remain at home during the 21-day incubation period, while others who came in contact with Ebola patients will be quarantined in a state facility. Passengers who had no contact with Ebola patients will be asked to monitor themselves for 21 days. Hudson said there are fears by some passengers because of the government's early mistakes in handling cases and the uneasiness over how the virus spreads. He says airlines are wiping down all surfaces with bleach, but suggests passengers bring bleach packets as well. Hudson said that Amber Vinson's supervisors should have never let her fly so soon after treating an Ebola patient in Dallas. He recommended that the government go beyond temperature screenings at arrival gates and conduct blood tests as well.

SEGMENT: "The Four Simple Steps to Prevent Heart Disease"

DATE: 11/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 3 Minutes

SOURCE: Dr. Fleetwood Loustalot is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion

CONTENT: Cardiovascular disease, which includes heart disease, stroke, and high blood pressure, is the leading cause of death in the U.S. One in 10 U.S. adults have been diagnosed with some form of heart disease. In this podcast, Dr. Matthew Ritchey discusses the four simple steps to prevent heart disease.

SEGMENT: "Screenings for Cancer That Are Unnecessary"

DATE: 11/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. John Santa, Director of the Consumer Reports Health Ratings Center

CONTENT: Dr. Santa and Consumer Reports recently evaluated the most frequently-used screenings for cancer. Of the eleven screenings evaluated, the organization only recommended three, cautioning that most consumers should avoid eight other common tests. Dr Santa explained the results of his study, and offered advice for health consumers.

SEGMENT: "Why Americans Experience More Back Pain"

DATE: 11/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Vaughan Dabbs, Chiropractor, author of *This Is Why Your Back Hurts*

CONTENT: Dr. Dabbs said Americans are 16 times more likely to experience back pain than someone who lives in a poorer country. He talked about the many choices of treatments for back pain. He also offered advice to improve poor posture, which he believes is one of the primary causes of back problems.

SEGMENT: "The Impact of Kids Watching Screens"

DATE: 11/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Stephanie Zaza, researcher, Centers for Disease Control and Prevention

CONTENT: Get out and play an hour a day. That's what experts say kids should do for fun and good health. But researchers say kids increasingly have been just sitting and looking at screens. Dr. Zaza's research points out excessive computer use – including tablets and smart phones. She said they're seeing students reporting three or more hours of computer use a day for non-school work. If physical inactivity becomes a pattern when a person is young, the pattern is likely to continue into adulthood – and bring with it higher risks of serious health problems such as heart disease, stroke, high blood pressure and diabetes.

SEGMENT: "What Every Man Should Know About Prostate Cancer"

DATE: 11/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 12 Minutes

SOURCE: Dr. Michael Diefenbach, Professor of Urology, Mount Sinai School of Medicine

CONTENT: More than 217,000 men are diagnosed with prostate cancer each year. If you're a man, you face a high risk of ultimately getting prostate cancer. But Dr. Diefenbach said not only are men are affected by the disease - it's a family disease as well. Spouses are usually heavily involved in their husband's care and have to cope with the physical and emotional changes of their partner. Women often make the calls to doctors, set up appointments, and learn about the disease and treatment options. Dr. Diefenbach shared the latest information about the disease, including the 3 questions everyone needs to ask their doctor when they're first diagnosed. He also shared new treatments, and how to understand and learn about options beyond what a specialist might tell men.

SEGMENT: "The Unnecessary 'Tests and Scans in Hospital ERs"

DATE: 11/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Angela Garner, President of the American College of Emergency Physicians

CONTENT: Many Emergency Room doctors say the fear of malpractice lawsuits results in extra blood tests and imaging scans that are not necessary. Dr. Gardner talked about this trend and why ER physicians are such an inviting target for legal action. She also offered suggestions on how to improve the situation.

SEGMENT: "Cholesterol Versus Pregnancy"

DATE: 11/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Enrique Schisterman, researcher, National Institutes of Health

CONTENT: A study indicates high cholesterol makes it more difficult to get pregnant. Researchers saw this in data on 501 couples who were trying to have a baby. They were followed for one year or until pregnancy. The scientists measured free cholesterol – total cholesterol in the blood. They suspected it might affect fertility because cholesterol is used to make sex hormones. Higher cholesterol in women alone also impeded pregnancy, but not by as much. Schisterman says couples trying for pregnancy might want to make sure their cholesterol is in the healthy range.

SEGMENT: "The Coffee-Lover Liver"

DATE: 11/23/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Qian Xiao, researcher, National Institutes of Health

CONTENT: Americans have a serious coffee habit, and a study indicates this might not be a bad thing – at least for our livers. Xiao saw signs of this in national health survey data on almost 28,000 people, from 1999 and 2010. She examined the relationship between coffee intake and abnormal liver enzymes and found that coffee drinkers were less likely to have abnormal liver function than nondrinkers, regardless of whether the coffee was decaffeinated or not. Since the effect was seen for decaffeinated and regular coffee, Xiao suspects something in coffee other than caffeine might affect liver enzymes.

SEGMENT: "Are Vitamins and Supplements Safe?"

DATE: 11/30/2014 on *InfoStar* (6:30-7 a.m.)

DURATION: 16 Minutes

SOURCE: Dr. Dawson Jackson, former Peachtree City physician now with the Mayo Clinic

CONTENT: Two studies raised gnawing worries about the safety of vitamin supplements and a host of questions. Should anyone be taking them? Which ones are most risky? And if you do take them, how can you pick the safest ones? Dr. Jackson said the best way to get your vitamins is naturally through health foods. That aside, he cautioned against superdosing on fat-soluble vitamins that are not excreted naturally as are water-soluble vitamins. Dr. Jackson said supplements can especially be misleading, as they don't face the same scrutiny as prescription drugs. Users have no way of knowing that the labels are true.

SEGMENT: "Alzheimer's in Young People"

DATE: 11/30/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. Gary Small, Director of the Memory and Aging Research Center at UCLA

CONTENT: Dr. Small discussed the growing number of cases of Alzheimer's Disease diagnosed in patients under the age of 65, and the possible causes of the trend. He also talked about the differences in Alzheimer's in young people compared to elderly patients, and the types of therapies and medications available.

SEGMENT: "Not Less Trans Enough"

DATE: 11/30/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Mary Ann Honors, Minnesota School of Public Health

CONTENT: Trans fat is put in processed foods to increase shelf life and stabilize flavor, but it also increases cholesterol, which raises the risk of heart disease and is a good reason to cut trans fat. Honors checked how people are doing on reducing trans fat. The researcher looked at 30 years of data on more than 12,000 Minneapolis-St. Paul residents ages 25 to 74. While they saw a significant decline in trans fat consumption over time, data from the most recent survey period indicate that both men and women are still consuming more trans fat than is recommended.

SEGMENT: "Healthy Home Cooking"

DATE: 12/14/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Julia Wolfson, Researcher, Johns Hopkins Bloomberg School of Public Health

CONTENT: Home cooking can be healthy, and evidence from a study demonstrates it. Wolfson examined national survey data from more than 9,000 people from 2007 to 2010. She looked at how often people cooked at home and what was in the food they ate. Wolfson found that the more frequently people cooked, the better their diet quality was, as measured by calories, fat, sugar, carbohydrates and fast food consumption. People who cooked dinner at least six times a week had the healthiest eating patterns, but Wolfson says the more people cooked at home, the better their eating patterns were.

SEGMENT: "Why Parents Should Set a Healthy Example for Kids"

DATE: 12/21/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Griffin Rodgers, Director, National Institute of Diabetes and Digestive and Kidney Diseases

CONTENT: Kids learn by example, and the most powerful examples generally are from parents. So a kid might get an idea how important a parent really thinks physical activity is if the parent's only involvement in physical activity is to drive the kid to and from practice. There are good health reasons as well as fun reasons for kids and parents to be active. Physical activity reduces the risk of diabetes. Dr. Rodgers, says it doesn't have to be a marathon or expensive lessons, but it could include less TV and video game time.

SEGMENT: "Being Aware of Aortic Health"

DATE: 12/28/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 20 Minutes

SOURCE: Amy Yasbeck, actress, founder of John Ritter Foundation for Aortic Health

CONTENT: Yasbeck lost her husband, comic actor John Ritter, nine years ago to an aortic dissection. That's where the main artery from the left ventricle of the heart shreds due to aneurysm. The doctors misdiagnosed Ritter's condition as a heart attack and treated him with blood thinners, which only made things worse. Since his death, Yasbeck has made it her life mission to make others aware of aortic disease, often caused by a congenital bicuspid valve or genetic weaknesses in the artery wall. The condition is usually caught with an ultrasound scan or MRI and requires surgery before the "bulge" in the aorta bursts. The effort of the John Ritter Foundation has made ER teams aware so that they don't conclude all chest pains are caused by heart attacks. She's also established research studies at the University of Texas to learn more about how aortic disease is spread from generation to generation.

SEGMENT: "Read Labels to Make Wiser Nutritional Choices"

DATE: 12/28/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Kristen Kirkpatrick, Dietician and Wellness Mgr., Cleveland Clinic Wellness Institute

CONTENT: Kirkpatrick said that consumers need to put more thought into the foods that they buy. She offered suggestions to help people read nutrition labels to make wiser choices.. She explained how to find a local farm or produce supplier, which usually can provide information about their food more accurately than a supermarket.

SEGMENT: "Using Family Reunions to Gather Medical History"

DATE: 12/28/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Griffin Rodgers, National Institutes of Health

CONTENT: Knowing about your family's health history goes a long way toward preventing or delaying the development of serious diseases, like diabetes. Dr. Rodgers said that you don't have to know a lot about health to share this important information with your family. He said a family reunion is an opportunity to gather health information.